

## Gift Tags and Gift Cards (Optional)

Put the gift **cards** inside your gift bag for participants to draw and take home with them. Cards have a breastfeeding benefit on one side and a recipe or parenting tip on the other.

Attach the gift **tags** to the wrapped gifts on your bulletin board.

### Gift Card



**Breastfeeding helps lower your risk of osteoporosis or "brittle bone disease." Women who breastfeed are less likely to get osteoporosis as they get older.**

**Ways mothers can prevent osteoporosis:**

- Breastfeed your baby.
- Exercise for 45 minutes, 3 times a week. Walking, jogging, gardening, or dancing are good exercises to do.
- Take 1000 mg of calcium daily. Foods rich in calcium are milk, cheese, yogurt, calcium-fortified orange juice, and calcium-fortified cereals. Add powdered milk to baking recipes, such as pancakes and muffins.
- Get plenty of Vitamin D, which helps your body to absorb calcium. Five to 15 minutes of sunshine each day or drinking milk fortified with Vitamin D should be enough.
- Do not smoke.



**IT'S A BOY!**

**Breastfeeding helps lower the mother's risk of ovarian cancer.**

### Gift Tag